

AgeWell Services (AWS)

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September, October, November 2021

AgeWell Services' Staff

Kristi Fenick, District Manager, CTRS

Marla Davis, Supervising Recreation Specialist, CTRS

Vacant: Recreation Specialist

Rafael Padilla, Assistant Recreation Center Director

Jennifer Walsten, Recreation Leader II

Mark Leo, Recreation Leader II

Programs offered in this newsletter are for adults 55 years and better.

AgeWell Services will be closed September 6th, November 11th & 25th in observance of City Holidays.

To join our mailing list, or for more information, please call (619) 525-8247 or email thescroll@sandiego.gov.

Throughout this newsletter there are a number of advertisements and community-sponsored activities. The City of San Diego does not necessarily endorse the services offered by these organizations.

Visit us on the web at: https://www.Sandiego.gov/agewell
Park de la Cruz address: 3901 Landis Street, San Diego, CA 92105

Announcements

Table of Contents Hours of Operation

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	Park de	Park de la Cruz Community Center		
1	Monday	8:30am-6:00pm		
1		8:30am-6:00pm		
	Wednesday	8:30am-6:00pm		
ı	Thursday	8:30am-1:00pm		
1	Friday	8:30am-1:00pm		

Saturday 9:30am-2:30pm Sunday CLOSED

Masks are currently optional for fully vaccinated patrons but this may change depending on County updates.

Announcements	2-3
Online Registration	4
Volunteer Update	5
Craft Sale	6
Dances	7
Activities	8-13
Community Resources	14-15

AgeWell Services Social Calls

A compassionate voice in the lives of older adults can make a powerful difference especially during these unprecedented times. City of San Diego Parks and Recreation staff and volunteers will call you, FREE, up to 7 days a week, between 8am-11am just to check-in and say "hello". Please call (619) 236-6910 or email thescroll@sandiego.gov to add yourself or a loved one to the Social Call list.





Serving Seniors Congregate Meal Program at Park de la Cruz Community Center

Serving Seniors, in collaboration with the City of San Diego AgeWell Services, will host a congregate meal program at Park de la Cruz Community Center, Mondays thru Fridays. Start date and times to be announced later.

Serving Seniors provides over one million nutritious meals a year. Designed in partnership with a Registered Dietician, meals provide one-third of clients' nutrition requirements and accommodate a wide variety of dietary needs including low-sodium and low-fat diets. Meals are available to anyone 60+ years of age, regardless of income. Serving Seniors asks for a nominal donation for meals, but no one will be sent away if unable to pay.

Call AgeWell Services, at (619) 525–8247, if you are interested in participating in the congregate meal program or have questions.

Congratulations Christophver R

Christophver has earned the President's Council on Service and Civic Participation. This award honors individuals whose service positively impacts their communities and inspires those around them to act, too. Thanks for all you do for AgeWell Services, Christophver!



Volunteer of the Quarter

Congratulations! Irma Lara, our Virtual Yoga volunteer, received an award for volunteer of the 2nd quarter (April-June 2021) Parks and Recreation. Thank you Irma, for your dedication and making a healthy difference in the lives of older adults citywide.



The Parks and Recreation Department is excited to announce a partnership with the San Diego Futures Foundation (SDFF) who will provide free technology assistance on Mondays and Wednesdays from 9:00am-11:00am at Park de la Cruz Community Center. From 11:00am-12:00pm, SDFF will distribute information and provide low-cost devices to individuals (age 18 and over) who qualify.

The exact start date of the trainings and device distribution is currently unknown, but please call (619) 525-8247, if you are interested in attending the trainings and/or receiving a low-cost device.



Healthier Living Workshops Fridays: 9:00am-11:30am September 9th-October 8th

Join Aging & Independence Services (AIS) for the Healthier Living Workshops at Park de la Cruz Community Center starting in September. These interactive workshops meet for 2.5 hours each week for 6 consecutive weeks and are facilitated by two trained peer educators.

Participants will learn how to:

- Maximize their health
- Manage feelings of frustration, depression, and other difficult emotions
- Build strength, flexibility, & endurance
- Organize and understand their medications
- Actively participate in decision-making with their healthcare team
- Shop smarter and eat better
- Reduce their risk of falling

Call the County of San Diego's Aging & Independence Services at (858) 495-5500 to enroll.

Where to Start/Get Involved!

Steps to register on SD Rec Connect

Create an online profile using the Activity Registration System. Log on at **SDRecConnect.com. First Time Online Registration:** Click "Create an Account". Fill out "New Account Request" form completely for the primary responsible person, including all required fields, and click Submit (or Submit and Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link. Note: it's possible this email will go to your "spam" folder, so check carefully. To avoid duplication, be sure to let others in your household know you've set up the account.

Returning Customers: For people who have an existing account online, click the "Sign In" or "My Account" button. Enter your login (email address) and password.

Payment Process

Payments can be done online at SDRecConnect.com or at Park de la Cruz Community Center (3901 Landis St., 92105) on the following days/times:

Monday–Wednesday: 8:30am-5:30pm Thursday/Friday: 8:30am-1:00pm Saturday: 9:30am to 2:30pm

Cash or paper check is NOT accepted when paying in advance. Acceptable payments methods include: electronic check– proper ID with proof of checking account (blank or voided check) or credit, debit, or gift cards issued by qualified card service merchants (Visa, MasterCard, American Express, and Discover only.)

A \$25.00 fee will be charged for declined electronic checks. Customers should verify that bank routing and account numbers are entered correctly. Activities not meeting the minimum enrollment may be cancelled. All registration and reservation fees include a non-refundable 3% processing fee.

Refund Policy

Refund is based on the date that the written application was submitted, using the Refund Application, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy.

Refund policy exclusions:

- 3% processing fee will be deducted from all refunds.
- No refund or transfer for non-attendance at activity.
- No credits to account.
- Activity fees less than \$10.00 will not be refunded.
- No refunds for requests submitted less than 20 business days prior to the activity.
- Refunds will take up to 6-8 weeks.
- Payments made by credit card will be refunded to the credit card.

Contact AgeWell Services' staff at (619) 525-8247 with questions.

Volunteer Updates

Volunteering can offer an opportunity to pursue different passions and at the same time benefit an individual physically and mentally. Whether assisting with outings, special events, programs or in the office, AWS has many meaningful opportunities to get involved to help people in their communities. For information about volunteering with the City of San Diego's AgeWell Services, contact Sharon Moninger at (619) 236-7753 or Smoninger@sandiego.gov.

Happy Birthday!



September	October	November
John C. 21	Steve T. 20	Joyce M. 11
Virginia W. 21		Bob J. 17
Chris R. 23		Marlys E. 18
Marlene G. 24		Frances C. 29

Please join us in celebrating the following AgeWell Services' volunteer birthdays.

AgeWell Services Needs Volunteers

Do you have some extra time and would like to give back to others? We are looking for volunteers, 18 and older, to assist us with the following activities:

Make Social Calls - Make weekly phone calls to older adults in need of a friendly voice. Volunteers pick a day, Monday-Friday, to make phone calls over a 3-4-hour time period.

Walk 2 Wellness - Walking Program takes place on Saturdays from 8:30am-9:30am. Volunteers walk with and socialize with older adults. We welcome walkers of all abilities.

Annual Balboa Park Craft Sale – Volunteers needed to help with event set up on Saturday, November 13th, 7:00am-10:00am and take down on Sunday, November 14th, 2:00pm-5:00pm.

Dance - Volunteers help decorate, prep and serve refreshments at dances offered on the 2nd and 4th Thursdays of each month from 10:00am-3:00pm at the Balboa Park Ballroom.

Lounge or Café Host - Hosts greet and socialize with older adults who visit the Balboa Park Lounge **or** Park de le Cruz Community Center. Four-hour shifts are available, from 8:00am-12:00pm Tuesdays, Thursdays & Saturdays. Hosts prepare and serve coffee, tea, and water.

Front Desk/Clerical Assistant – Volunteers answer phones, make confirmation calls, greet patrons, help with mailings, check participates into programs, be an activity room monitor and other duties as assigned. Four-hour shifts area available, Monday-Friday, between 8:00am-4:30pm.

If you are interested in becoming a volunteer, please contact Sharon Moninger at (619) 236-7753 or <u>Smoninger@sandiego.gov</u>





Saturday and Sunday
November 13th and 14th, 2021
10:00am-3:30pm
Balboa Park, Casa del Prado
Patios A, B, and Room 101
Located off Park Blvd., on Village Place







Attention Crafters (age 55 and better)

There is limited space available.

Registration opens on Wednesday, September 8th at 9:00 am

6' x 5' space (\$20.00): Reg. Code-95847 10' x 10' space (\$30.00): Reg. Code-95848

Starting September 8th, interested individuals can register at SDRecConnect.com. (see page 4 for registration information) or at Park de la Cruz (3901 Landis St., San Diego) during open hours (see page 2). If registering after September 8th, call before you arrive to ensure booth space is still available. Crafters are limited to two spaces each.

Event happens rain or shine. No refunds after October 21, 2021

For more information, call (619) 525-8247

Senior Dances

The following dances are held on the 2nd and 4th Thursdays* of the month at the Balboa Park Club Ballroom (2150 Pan American Road West), located off of Park Blvd. and Presidents Way. (*Exception, November Dance will be held on Wednesday, November 10th). There is a \$5.00 charge at the door, which includes live entertainment, refreshments (pre-packed snacks) and prizes. For more information, call (619) 525-8247.

lasquerade

Thursday, September 9th 12:30pm-2:30pm

Come celebrate with a masquerade theme and enjoy the sound of the "Sophisticats".



Thursday, October 14th 12:30pm-2:30pm

Come celebrate the Fall season with the sounds of "Janet Hammer and the Rhythm Express."

Sock Hop Dance

Thursday, September 23th 12:30pm-2:30pm

Come jitter-bug in your 50's attire while enjoying the sounds of "Blue Zone".



Thursday, October 28th 12:30pm-2:30pm

Wear your costume and have a spooky good time while enjoying the sounds of "Blue Zone".

Veteran's Appreciation Dance

Wednesday, November 10^{th*}

12:30pm-3:00pm Veterans are Free!
Help us thank our veterans for their service and enjoy the musical stylings of "Janet Hammer and the Rhythm Express."



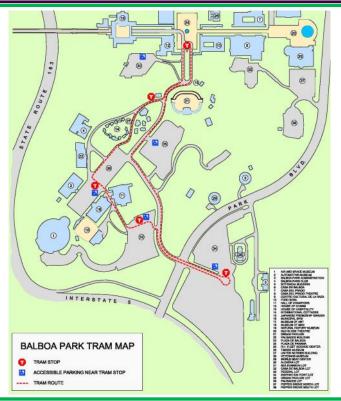
TROUBLE FINDING A PARKING SPOT?

Take the FREE Balboa Park Tram and save your energy for the dance floor!

Just park on the West side of Park Blvd. or at the lower parking lot at Inspiration Point.

It runs every 10 minutes and drops you off in front of the Ballroom.





Park de la Cruz Activities

All codes are directly linked to <u>SDRecConnect.com</u>, so click the code to sign up. See page 4 for registration instructions. Activities on this page are held at Park de la Cruz Community Center (3910 Landis St.) or Park de la Cruz Gymnasium (3911 Landis St.)

Fitness Center Mondays: 8:30am-6:00pm Registration Code: 96514

Tuesdays, Wednesdays, & Thursdays: 8:30am-1:00pm

Looking to increase your fitness level? We have free weights, a tread mill, and a stationary bike to help get your fitness on. Hours listed above are just for those age 55 and better. **Cost is \$15 for 3 months (September-November).** Stop by and check it out!

Leader: AgeWell Services Staff

Mahjong Mondays: 9:00am-1:00pm Registration Code: 96515

Mahjong is an enormously popular Chinese game of strategy, skill, and summation. It is an excellent game to play if you're looking to improve your memory skills! Feel free to participate the entire time, or drop in for an hour or two. This activity is geared for intermediate to advanced Mahjong players. AWS is looking to recruit a volunteer to help teach Mahjong to newly interested older adults (see page 5).

Leader: AgeWell Services Staff

Tai Chi Mondays & Thursdays: 12:30pm-1:30pm

Want to improve your balance and reduce your risk of falling? Join Tai Chi Moving for Better Balance! Program is offered by the County of San Diego at Park de la Cruz Gymnasium. For questions or to register for this program, please call (858) 495–5998 or email HealthierLiving.HHSA@sdcounty.ca.gov.

Otherwise Improv Wednesdays: 3:00pm-5:00pm Registration Code: 95999

September 1st & 15th, October 6th & 20th, November 3th & 17th

Come learn how to make it real! Join us on the 1st and 3rd Wednesdays of each month for an improvisational workshop. Learn the secrets of being in the moment. If you have good timing you don't need anything else! Program is open to individuals age 18 and over.

Leader: Christophver R., Volunteer

Registration Code: 96502

Pickleball

Thursdays: 10:00am-12:00pm September 30th-November 4th Park de la Cruz Gymnasium

Skills & Drills: 10:00am-11:00am Open Play: 10:00am-12:00pm

Cost: Free (if you have your own equipment)
\$6.00 (entire session) to players that need to borrow equipment

Enjoy this fun, social and friendly recreational activity of Pickleball. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast–paced, competitive game for experienced players. This program will meet at Park de la Cruz Gymnasium. During the first hour of the program, one court will be used for skills and drills work and the second court will be used for open play. During, the second hour, two courts will be utilized for open play.

Leader: Nick Hurd, Therapeutic Recreation Specialist

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All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 4 for registration instructions.

Must See Movies Fridays: 12:30pm-3:00pm Registration Code: 96001 September 10th, October 8th, November 12th

Watch distinguished films that have transcended time and trends. The film host will introduce each movie and then lead a question and answer session afterwards.

September 10th: The Student Prince—1954—Mario Lanza, Ann Blyth A prince heads off to university and finds true love and glorious music.

October 8th Vertigo—1958—James Stewart, Kim Novak A private investigator falls in love with his intended target.

November 12th The Pawnbroker—1965—Rod Steiger, Geraldine Fitzgerald An embittered Holocaust survivor faces his demons after WWII.

Leader: Bob J., Volunteer

Registration Code: 96302

Registration Code: 96303

Poetic Legacy Program

Last Fridays: 3:00pm-4:30pm

October 29 September 24 November 26 Cornelius Eady Victoria Chang Dorianne Laux

This workshop involves a detailed exploration of contemporary and historic poets. Taking prompts from the featured poets, participants are then encouraged to write their own poetry.

Leader: Christophver R., Volunteer (619) 569-4922

Walk to Wellness



Get ready to walk toward better health at our weekly Walk to Wellness program. Participants will have the opportunity to walk around the perimeter of PDLC, historic City Heights, and Balboa Park. Walkers can set their own weekly walking goals with staff and track their steps. Continuation of this program is contingent upon the

For more information, call 619-525-8247.

recruitment of volunteers (see page 5).

Leader: AgeWell Services Staff

Park de la Cruz Activities Continued

PDLC Café

Saturdays: 10:00am -12:30pm

Come enjoy a cup of coffee or hot tea and socialize with peers. Participate in Walk to Wellness before the Café opens or stay and play Bingo after the Café closes. We look forward to seeing many familiar faces as well as meeting new friends.



Leader: AgeWell Services Volunteer

Bingo

Saturdays: 11:00am-12:30pm Registration Code: 96003

G55! B15! Spend your afternoon at Park de la Cruz and meet new friends. If you are lucky you may even win a prize!

Leader: Joyce M., Volunteer

Balboa Park Locations

All codes are directly linked to <u>SDRecConnect.com</u>, so click the code to sign up. See page 4 for registration instructions. The Santa Fe Room is located at 2150 Pan American Road West. The Senior Lounge is located in the Casa Del Prado (room 105) at 1650 El Prado.

Piano Notes

Location: Balboa Park Santa Fe Room Last Tuesdays: 10:00am-11:45am

September 28th, October 26th, November 23rd

Join us in Balboa Park's Santa Fe Room if you enjoy playing or listening to the piano. This is a great opportunity to meet new friends and enjoy music.

Leader: Lee W., Volunteer

Registration Code: 96304

Senior Lounge

Location: Balboa Park Senior Lounge Wednesdays and Fridays 9:00am-12:00pm



Come enjoy a complimentary cup of coffee or hot tea and socialize with peers in beautiful Balboa Park. We look forward to seeing so many familiar faces again, as well as meeting new friends.

Leader: AWS Staff & Volunteers

Balboa Park Locations Continued

Poetry Party

Location: Balboa Park Santa Fe Room

Registration Code: 96002

First Fridays: 3:30pm-5:00 pm.

September 3rd, October 1st & 20th, November 5th

Come read your favorite poetry, listen, or make the scene. Be bold, adventurous, and experience first hand the power of the spoken word. *Caution; Poetry may become inspirational to your health!

Leader: Christophver R., Volunteer

Registration Code: 96638

Wordstock "A Festival of Oral Glory"

Location: Balboa Park Santa Fe Room Friday, October 1, 2021 5:00pm-7:30pm

Join us for a free and in person celebration of new age poetry. Refreshments will be served.

Leader: Christophyer R., Volunteer

Virtual Programs

Aging Well Chair Fitness (Virtual)

Registration Code: 96646 Mondays: 10:30am-11:30am & Thursdays: 1:00pm-2:00pm

September 2-November 29

Chair-based fitness classes use seated and standing exercises combining unique Latin moves with rhythms to create an exciting and dynamic workout. The class combines boxing drills and constant easy movements for a well-rounded workout. Improve balance, flexibility and reduce stress. For more information, call (858) 538-8171.

Leader: Trena Bennett, Center Director, Lopez Ridge Recreation Center

Laugh Hour (Virtual) Thursdays: 11:00am-12:00pm Registration Code: 96000

Scientific studies show that laughter: may reduce pain, lower stress, fight depression, reduce anger and more! This program is open to individuals age 18 and over.

Leader: Alicia S., Volunteer

Lotería (Virtual) 1st & 3rd Thursdays: 2:30pm-3:30pm Registration Code: 96639

Lotería is a traditional game of chance, similar to bingo, but using images on a deck of cards instead of numbers. Every image has a name and an assigned number. Three games will be played. Win free prizes. Se Habla Espanol.

Leader: Jackie H. Recreation Leader II, San Ysidro Community Center

Additional Locations

All codes are directly linked to <u>SDRecConnect.com</u>, so click the code to sign up. See page 4 for registration instructions.

Bay Terrace Dancers Location: 7445 Tooma Street, 92139

Tuesdays, Wednesdays, Thursdays: 10:00am-12:00pm

Join us at the new Bay Terraces Community & Senior Center for daily dance lessons, which include lovely and creative exercise and art that builds strength, balance, and agility. Our goal is to provide a safe, fun, and encouraging environment for seniors to build confidence and make new friends. To register or for more information, call (619) 527-7632.

Leader: Bay Terrace Volunteers

Pickleball Location: 4421 Bannock Ave., 92117

Tuesdays & Thursdays: 10:30am-1:30pm

Stop in for open play pickleball. For more information, call (858) 581-9926

Leader: North Clairemont Recreation Center Staff

Tai Chi Location: San Ysidro Community Activity Center

Tuesdays & Thursdays: 1:30pm-2:30pm

Want to improve your balance and reduce your risk of falling? Join Tai Chi Moving for Better Balance! Program is offered by the County of San Diego at Colonel Irving Salomon San Ysidro Community Activity Center (179 Diza Road, San Diego, 92173). For questions or to register for this program, please call (858) 495-5998 or email HealthierLiving.HHSA@sdcounty.ca.gov.

City Heights Steppers—Line Dance

Location: Mid-City Gym, 4302 Landis St., 92105

Tuesdays: 6:00pm-8:00pm

Join the City Heights Steppers, learn different line dances to get your exercise on! This is a super fun group that just wants to get in shape and have some fun. Participants will be socially distanced inside the gymnasium. This activity is open to ages 13 and up. For more information, call (619) 641–6125.

Leader: City Heights Recreation Center Staff

Modern Line Dance Location: 7245 Calle Cristobal, 92126 Registration Code: 96648
Thursdays: 6:00-7:00pm

Participants will dance to enhance their cardiovascular system, learn new steps, have fun, and make friends while dancing in choreographed line dance steps. This program will start September 3, 2021. For more information, call (858) 538-8171.

Leader: Trena Bennett, Center Director, Lopez Ridge Recreation Center

American Mahjong Class

Location: 8810 Judicial Drive, 92122

Thursdays: 12:30pm-3:00pm

In this free class the participants will learn how to play American Mahjongg and interact with players using tiles stamped with Chinese symbols. For more information, call (858) 552-1626.

Leader: Nobel Recreation Center Staff

Citywide Parks & Recreation

Beach Wheelchair

Take a free one-hour ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility impairments or those who are not otherwise able to walk unaided on the beach. Reservations are not required, but are recommended. **To reserve**, **please call** (619) 525-8247.



Movies in the Park

Calling all grandparents! Bring the grandkids to enjoy a Movie in the Park. Movies will begin at dusk.

September 10: Raya and the Last Dragon @ Park De La Cruz 3901 Landis Street, 92105

September 10: Alexander and the Terrible, Horrible, No Good, Very Bad Day @ La Mirada Joint Use Field 222 Avenida de La Madrid, 92173

September 11: Spider-Man Into the Spider-Verse @ Azalea Park 2596 Violet Street, 92105

Civic Dance...You Can Dance!

Since 1942, the Civic Dance Arts program of the San Diego Parks and Recreation Departments has been offering high quality, affordable dance lessons in disciplines such as Tap, Jazz, Ballet, Musical Theater, Modern, Hip Hop and Hawaiian dance to adults of all ages and abilities. Fall registration opens September 18th, with in person dance classes beginning the week of September 20th. More information: www.civicdancearts.org



City of San Diego Aquatics Department Swimming Pools

ALLIED GARDENS	6707 Glenroy Street, 92120	(619) 235-1143
BUD KEARNS	2229 Morley Field Drive, 92101	(619) 692-4920
CARMEL VALLEY	3777 Townsgate Drive, 92130	(858) 552-1623
COLINA DEL SOL	4150 54th Place, 92115	(619) 235-1147
CLAIREMONT	3605 Clairemont Drive, 92117	(858) 581-9923
KEARNY MESA	3170 Armstrong Street, 92111	(858) 573-1389
MARTIN LUTHER KING JR.	6401 Skyline Drive, 92114	(619) 527-3451
MEMORIAL	2902 Marcy Avenue, 92113	(619) 235-1139
NED BAUMER	10440 Black Mountain Road, 92126	(858) 538-8083
SWANSON	3585 Governor Drive, 92122	(858) 552-1653
TIERRASANTA	11238 Clairemont Mesa Blvd., 92124	(858) 636-4837
VISTA TERRACE	310 Athey Avenue, 92173	(619) 424-0469

Community Resources

Refer to the information listed below for community resources that might be helpful to older adults. Due to COVID-19, some agency resources may change. Please call the contact listed below for the most accurate information.

Important Numbers for Older Adult Services and Referral Information

211 Information: 211

AARP Community Action Team: (619) 641-7020
Adult Protective Services: (858) 495-5660
Aging and Independence Services: (800) 339-4661
Consumer Fraud: (619) 531-3507

Elder Law: (858) 565-1392 (ext. 200)

MTS Transportation (ADA Ride): (877) 232-7433
Renter's Rights: (858) 571-1166
Social Security Administration: (800) 772-1213
Alzheimer's Association San Diego Chapter (800) 272-3900

HICAP (Health Insurance Counseling & Advocacy) –provides individual counseling to Medicare beneficiaries and their families. This service is free and unbiased. It is not affiliated with any insurance companies or hospitals and does not sell or recommend health insurance products or plans. Call to schedule a one-on-one appointment: (858) 565-1392

AIS (Aging and Independence Services) provides services to older adults, people with disabilities and their family members to help keep clients safely in their homes, promote health and vital living, and publicize positive contributions made by older adults and persons with disabilities. For more information, call (800) 331-4661. Website: https://www.sandiegocounty.gov/hhsa/programs/ais/

211 San Diego is a free 24-hour confidential phone service in 200+ languages and a searchable online database. 211 provides information on health and wellness, housing and utilities, food assistance, military and veteran services and more. Just dial 211 for assistance.

Elder Law – provides legal services for seniors (60+ years) in areas such as wills, landlord or tenant issues and Medicare and MediCal issues. Services are free; donations are welcome. Appointments are required. Call (858) 565–1392, extension 200 to schedule an appointment or for more information.

ElderHelp provides personalized services & information that helps seniors remain independent & live with dignity in their own homes. Contact (619) 284–9281 or online at www.elderhelpofsandiego.org.

La Jolla Community Center invites you to learn something new and join the online world using your iPad and iPhone. Technology can bring many potential advantages to seniors such as enhancing communication and education, connecting with family and friends, and reducing loneliness. Interested individuals may drop in, for a \$20 fee, September 13 and 20th, from 1:00pm -2:00pm. In-person classes started on Monday, 8/9, but students are welcome to enter the class after the start date. Classes will be taught by Deborah Miller. Email Deborah at deborah@ljcommunitycenter.org for more information. Registration is required. Visit www.ljcommunitycenter.org/computer-skills to reserve a seat for drop in days.

Community

The Burn Institute: Free Smoke Alarms for Seniors!

The Burn Institute offers free smoke alarm installations for seniors 62 years+ who own their own home in San Diego County through the Fire-Safe Seniors program. If you meet these qualifications, please fill out the application at https://burninstitute.org/ applications/smoke-alarm-application/ and someone will contact you shortly to complete the sign-up process. Once registered, trained and screened volunteers will set up an appointment time to install alarms up to California State Fire Code in your home free of charge.

Qualifications:

62+ years old, own your own home in San **Diego County**

Ouestions?

Email smokealarm@burninstitute.org



The Defensible Space **Assistance Program**

The Defensible Space Assistance Program (DSAP) was created to help low-income seniors and physically disabled persons adhere to defensible space regulations. If you are physically and financially unable to maintain the state-mandated 100' of defensible space around your home, our Defensible Space Assistance Program may help. If viewing online, click **HERE** to sign up or contact (619) 562-0096 or visit www.firesafesdcounty.org.



Jewish Family Services "On the Go" Transportation Family **Solutions for Older Adults**



On the Go transportation services are available to individuals 60 years and older residing in San Diego County. Existing transportation must be inadequate or unavailable. All riders must be mobile and mentally alert. Some *On the Go* services (Rides and Smiles and Navigator) are wheelchair accessible. A \$20 enrollment fee grants you access to all of the On the *Go* services.

Contact AgeWell Services' staff at (619) 525-8247 or thescroll@sandiego.gov for a possible enrollment fee waiver.

Community Centers For Older Adults

<u>42nd District Senior Center</u>

570 South 65th St., San Diego (619) 266-2066

Ed Brown Center (Rancho Bernardo)

18402 W. Bernardo Dr., San Diego (858) 487-9324

La Jolla Community Center

6811 La Jolla Blvd., San Diego (858) 459-0831

Mary and Gary West Senior Wellness Center

1525 4th Ave., San Diego (619) 235-6538

Mira Mesa Senior Center

8460 Mira Mesa Blvd., San Diego (858) 860-5355

San Ysidro Senior Center

125 East Park, San Diego (619) 424-0472

Bay Terraces Community & Senior Center

7445 Tooma St., San Diego (619) 527-7632

Peninsula Shepherd Center

1475 Catalina Blvd., San Diego (619) 223-1640



AgeWell Services Parks & Recreation Department 3901 Landis Street, MS 38 San Diego, CA 92105

Return Service Requested

PRESORTED STANDARD

U.S. POSTAGE PAID PERMIT NO 134 SAN DIEGO, CA

Would you like to go paperless?

If so, please email **thescroll@sandiego.gov**, Subject: Paperless Scroll.
Starting with the next quarter you will receive an electronic version of the Scroll, sent directly to your email.



Parks and Recreation Department

"To provide healthy, sustainable, and enriching environments for all."

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.



